

## 7 Step Classical System - Step 2

### Leg Springs

- Circles
- Walking
- Beats
- Bicycle
- Frogs

### Small Barrel

- Circles
- Walking
- Beats

### Push Thru Bar

- Teaser \*Add Hips Over

### Traditional Ending:

- Breathing

### Arm Springs

- Press Down
- Circles
- Triceps
- Hundred Prep

### Rollback Bar

- Coordination Prep